



Sony MDR-XB450AP Extra Bass Headphone Swivel Replacement

In this guide we will show how to successfully replace the screw that connects the swivel on the headband of the headphones.

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INTRODUCTION

This replacement guide was made for the Sony Extra Bass headphones, and if you are experiencing problems using the "swivel fold" feature, these instructions can help solve that problem. There is a screw that holds the speaker to the headphones and with wear and tear the swivel action becomes less effective, replacement of the screw is necessary at this point. Be sure to check the headphones for other underlying problems before replacing the screw.



TOOLS:

- [JIS Driver Set](#) (1)
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Step 1 — Swivel



- Begin by laying the headphones down flat with the speakers facing up.
- ⚠ Be sure to unplug the headphones from any other devices.

Step 2



- Next, take out the screws that hold the front plate, using a J00 screwdriver.
- Repeat for both the left and right screws.
- ⓘ These screws are very small. It is helpful to have a spot prepared to put the screws to avoid losing pieces.

Step 3



- Now that the screws have been removed, pull away the plastic casing that covers the swivel piece (directly above the speaker).

Step 4



- Now that the swivel piece is exposed, use a J00 screwdriver to unscrew the center screw.
- Repeat this process on both sides if necessary.
- ⚠ This center screw is the piece that retains the swivel action, unscrew completely and remove to replace.

To reassemble your device, follow these instructions in reverse order.